



Orange-Prosciutto Crostini

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

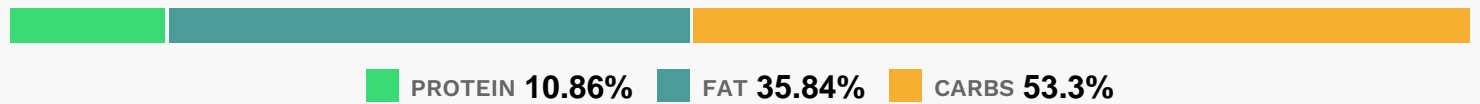
- 0.3 cup approx cream cheese spread
- 12 accompaniment: crostini
- 0.3 cup orange marmalade
- 12 slices pancetta
- 2 tablespoons basil fresh chopped
- 1 tablespoon olive oil
- 1 orange zest grated
- 1 serving pepper fresh black

Equipment

Directions

- Spread about 1/2 teaspoon cream cheese spread onto 1 side of each crostini.
- Spread about 1/2 teaspoon marmalade over cheese spread on each but do not cover cheese completely.
- Lightly roll each prosciutto slice into cone shape; place over marmalade on each.
- Place crostini on serving plate.
- Sprinkle with basil, orange peel, salt and pepper; drizzle olive oil over each.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.48, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:4.313043506897%

Nutrients (% of daily need)

Calories: 165.13kcal (8.26%), Fat: 6.59g (10.13%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 21.2g (7.71%), Sugar: 7.03g (7.81%), Cholesterol: 9.19mg (3.06%), Sodium: 285.02mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin B1: 0.21mg (14.01%), Selenium: 7.18µg (10.25%), Vitamin B3: 1.79mg (8.96%), Folate: 35.57µg (8.89%), Manganese: 0.16mg (7.8%), Vitamin B2: 0.11mg (6.62%), Iron: 1.18mg (6.53%), Calcium: 47.19mg (4.72%), Phosphorus: 42.69mg (4.27%), Fiber: 0.85g (3.39%), Vitamin B6: 0.06mg (2.93%), Vitamin K: 3.06µg (2.91%), Copper: 0.05mg (2.62%), Magnesium: 9.91mg (2.48%), Zinc: 0.36mg (2.37%), Vitamin C: 1.85mg (2.24%), Vitamin E: 0.31mg (2.04%), Vitamin A: 90.2IU (1.8%), Potassium: 62.03mg (1.77%), Vitamin B5: 0.17mg (1.72%)